

DARK CHOCOLATE-COVERED BANANAS

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Ingredients:

- 4 medium ripe and firm bananas, peeled
- 3 tablespoons finely chopped nuts
- 6 ounces dark chocolate (60 to 70 percent cocoa solid), chopped
- 8 wooden popsicle sticks

Directions:

- Cut each banana in half and insert a wooden popsicle stick into each half.
- Place on a tray and cover with plastic wrap. Put tray into freezer and take out when bananas are frozen.
- Place chopped nuts in a small dish and set aside. Melt chocolate in a double boiler over simmering hot water, over low heat. Stir frequently to prevent chocolate from sticking and burning.
- Pour melted chocolate into a tall glass and dip each frozen banana to coat. Immediately roll chocolate-covered banana into chopped nuts.
- Place on a wax paper covered tray to set.
- Serve immediately or store in freezer until ready to serve.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.